

ABSTRACT OF THE DISCLOSURE

A generally C-shaped body for hand protection and grip enhancement includes a finger receiving pocket at a first end of the body and a thumb receiving pocket at a 5 second end of the body. The fingers of a user are placed in the finger receiving pocket, while the thumb is placed in the thumb receiving pocket. This causes the user's palm to rest on a convex hinge portion. The finger receiving pocket and the thumb receiving pocket 10 helps the user bend the finger receiving pocket and the thumb receiving pocket for gripping objects.